

Police shootings top-of-mind for new union head, **metroNEWS**

Calgary metro

VICKY
MOCHAMA

'Status of
Women'
is not a
demotion
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Your essential daily news | THURSDAY, JANUARY 12, 2017

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Donor Shamus Neeson, left, and recipient Nelson Nobrega went to high school together 20 years ago. ELIZABETH CAMERON/FOR METRO



KITH AND KIDNEY

Old friend reappears with offer of organ, **metroNEWS**

Downtown turnaround

ECONOMY

Councillors pitch summit, rule changes for businesses



Brodie Thomas
Metro | Calgary

Coun. Druh Farrell has seen the economic situation in Calgary's downtown, and she knows it's dire.

Having been a small business owner for 20 years, she knows what other owners are going through.

"They're suffering because the downtown is weak — and a strong downtown is a strong Calgary," she said.

Farrell and Coun. Evan Woolley are pitching the idea of a downtown economic summit to council this Monday.

If approved, the one-day summit would likely be held in February and would get players such as small-business owners, real-estate experts, various levels of government and industry associations into a single room.

"Getting everyone in the room for a summit is important, but also holding strategic planning sessions for council is critically important, so we can co-ordinate the approach

and if it's necessary, change the rules and create incentives," said Farrell.

She said nothing is off the table, from tax holidays to business incubators to relaxed zoning laws.

"It's very much like what we did with East Village. We sent a clear message to industry, to developers, to anyone who was interested that we are entertaining creative ideas, and that's what we need in this case," she said.

Mary Moran, president and CEO of Calgary Economic Development (CED), said that for the past 10 months, real-estate experts and CED have been working on a 10-point plan that could help breathe new life into the downtown.

The ideas range from faster rezoning, to turning office space into living space, to urban gardening.

"The reality is — and we know this from other jurisdictions — we can work with the city, we can work with the real-estate community, but do need leadership from city council and the mayor on the work that we're doing," said Moran.

Farrell said the downtown will not bounce back quickly without this sort of intervention.

"This is a structural problem. The oil industry is not coming back like it was. If we ignore it, we'll be facing a 30 per cent vacancy for years to come."



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MARCH
AVAILABILITY

'PRAIRIE'

Lot 14-14: Urban Townhome, The Freemont 'Prairie', 1,228 Sq.Ft. \$343,990 3 bed, 2.5 bath

Included Upgrades: Rec. room ready package with one enlarged window, pot lights in kitchen and over bath tub, quartz in ensuite, upgraded carpet throughout second floor, upgraded paint colour, subway tiles in kitchen, upgraded faucet in powder room, upgraded cabinets throughout.



FEBRUARY
AVAILABILITY

'CONTEMPORARY'

Lot 11-21: Village Home, The Swing 'Contemporary', 1,410 Sq.Ft. \$283,990 2 bed, 2.5 bath

Included Upgrades: Pot lights in kitchen and over main tub, upgraded kitchen cabinets and paint colour, upgraded quartz in ensuite and kitchen, upgraded carpet on upper floor and stairs, upgraded faucet in powder room, subway tile backsplash in kitchen.



MARCH
AVAILABILITY

Lot 19-04: Laned Home, The Iris 'Craftsman', 1,658 Sq.Ft. \$457,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor ceiling with 8' doors, gas fireplace, rec room ready pkg, under cabinet lighting and full depth fridge cabinet, oak railings, pot light over tubs, upgraded carpet, upgraded hardwood on main, upgraded kitchen backsplash, quartz counter in ensuite, rear detached double car garage.



MARCH
AVAILABILITY

Lot 17-60: Double-Car Garage Home, The Mission 'Prairie', 1,811 Sq.Ft. \$466,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor with 8' doors, gas fireplace, rec room ready pkg, sous kitchen pkg, maple railings throughout, pot light over main bath and ensuite, upgraded hardwood and carpet, upgraded backsplash and quartz in kitchen, upgraded cabinetry throughout.



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JANUARY
AVAILABILITY

Lot 18-10: Double-Car Garage Home, The Kingsley 'Prairie', 1,758 Sq.Ft. \$439,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor ceiling, rec room ready pkg, gas fireplace and hardwood in great room, bath oasis, metal spindle railing, master cabinetry pkg, full height cabinets, knockdown ceilings, upgraded carpet and trim, tile in all wet areas, granite and upgraded backsplash in kitchen.



MARCH
AVAILABILITY

Lot 19-08: Double-Car Garage Home, The Emerald 'Colonial', 2,065 Sq.Ft. \$449,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor, bath oasis, rec room ready pkg, kitchen pot lights, under cabinet lighting, full depth fridge cabinet, mosaic kitchen backsplash, stainless steel appliances and OTR, quartz counters, maple railings, cabinets, and fireplace mantle; hardwood, tile, and upgraded carpet, washer/dryer, blinds.

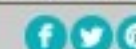


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BEFORE



HELEN PIKE/METRO

Although it looks smaller because of the honkin' hood, these old shuttles are basically the same size as the Vicinity bus.

AFTER



HELEN PIKE/METRO

Calgary Transit fleet manager Russell Davies thinks the new Vicinity shuttle buses look cool, but wants to ensure they live up to the hype and last twice as long as their clunky predecessors.

Calgary Transit is testing out 10 of these new shuttle buses for two years. The pint-sized designed buses have a few advantages over their old friends – some of the main perks being a back door, wheelchair ramp and standing room.

'Midi' buses designed to impress

TRANSPORTATION

Trial will see if Vicinity shuttles can replace old fleet



Helen Pike
Metro | Calgary

What looks like a bus, feels like a bus, but is actually a community shuttle in disguise?

It's Calgary Transit's brand

new fleet of 10 Vicinity 30-foot shuttle buses ready to hit the streets.

For two years, transit has been going through the procurement process to test out a new generation of buses. They cost twice as much as the traditional shuttles at \$320,000 a pop, but the modern design can hold more passengers and could be more fuel-efficient.

Russell Davies, fleet manager, likes to call them "midi" buses, a happy medium between the traditional shuttles and their full-sized buses. He's hoping

they can last just as long as their bigger brothers; which is one of the things they're testing for two years before committing to more vehicles.

"It's meant to last twice as long," said Davies. "We'll be looking at maintenance costs, operating costs, fuel economy."

He adds that unlike the older shuttles, the Vicinity is a designed bus, it has heavy duty bus pieces that the big buses have; inside, it has integrated heating and cooling systems, seats more people and has standing room. They've also

got rid of the dirty seatbelts for wheelchair users with a new hi-tech system that locks the wheels in place securely.

Thomas Dixon, an avid transit user, is excited to try the shuttles out.

"It looks like the perfect solution," he said. "I do know this: it will be a big improvement over the smaller bus which is very noisy and rough riding."

He may have a point, in person, it's hard to tell when the driver starts up the engine — unless you're standing behind the vehicle.

These new shuttles have a back door, something that Davies said could save precious seconds on each drop off and pick up. To drivers, and passengers, that's a big deal.

"It sounds trivial, but getting people off and on is always one of our bigger issues," said Davies. His example is how cold it gets on the old shuttles when passengers are loading on strollers.

"That second door makes a huge difference," said Davies.

During the trial, transit will be polling Calgarians on how

+ FEATURES

- The Vicinity bus has an attachment for bike racks.
- High tech additions include security cameras, and LED mood lighting.
- They are supposed to last just as long as a regular-sized bus.

they feel about the new look and feel, and if it's worth it.



Lisa Lampanelli

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Watershed time for art

ENVIRONMENT

Creative collaborations to enhance public areas



Brodie Thomas
Metro | Calgary

What happens when you let artists hang around with city water engineers?

Calgarians can get a sneak peek Thursday night as Watershed+:Dynamic Environment Lab hosts an artist talk at Fort Calgary.

The project has five artists in residence working closely with the city's Utilities and Environmental Protection Department.

The end result will be five pieces of public art that reflect on Calgary's ever-changing watershed — the area of land that collects all of the water that flows into the city.

"The expectation is that they'll be working on a piece of art embedded in the design



Five Artists have been embedded with the city's Utilities and Environmental Protection Department as they work on public art pieces. COURTESY SANS FACON

process of the watershed," said Sara Iley, manager of Arts and Culture with the city of Calgary.

The city has been holding

artist in residence programs for the last four or five years. Iley said the process is valuable for the city employees as well as the artists.

She pointed to the example of Rachel Duckhouse, who had been working on drawings on the shape of the river before the 2013 flood unexpectedly

hit. She then did a series of drawings after the flood.

"It was actually really interesting to see that from an artist's perspective as well as an engineering perspective," said Iley.

Tristan Surtees, lead artist of Watershed+, said Calgary's artist in residence program is seen as a leading example of how artists can work with government.

He and the other artists have been given the opportunity to work alongside staff in all sorts of activities.

"I was in a room yesterday with 35 water engineers," he said.

They've been asked to focus on the theme of dynamic environment — the fact that the watershed is forever changing from floods to droughts and everything in between.

Surtees said the introductory event last year at the old National Music Centre was well attended, and he suspects there will be an appetite from the public to see where the artists are now.

It kicks off at 7 p.m. and free tickets can be found on eventbrite.ca.

GARLAND TRIAL

Selection of jury begins

A huge pool of prospective jurors was called to a Calgary courtroom Wednesday to choose a jury for the trial of a man accused of killing a boy and his grandparents in 2014.

Douglas Garland, 56, was arrested following the disappearance of Alvin and Kathy Liknes and their five-year-old grandson Nathan O'Brien in June, 2014. He faces three counts of first-degree murder in a five-week trial that begins Monday.

A total of 472 people were called in order to choose 14 jurors and two alternates.

"I understand this will cause you some inconvenience. It is part of the price we pay for living in a free society," said Justice Robert Hall.

Because of the publicity the case has received, lawyers were allowed to ask questions of the potential jurors as is done in American courts.

The Crown and defence have to agree whether an individual is an acceptable juror.

Nathan had been sleeping over at his grandparents after they held an estate sale at their Calgary home in advance of a move to Edmonton and then Mexico. When his mother arrived to pick up Nathan the next morning, no one was home. Police have said there was evidence of a violent encounter in the house, but have not disclosed a motive.

Investigators have combed through several properties surrounding the area near Airdrie where Garland lived.

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POLITICS

Nenshi, Rempel in Twitter spat over math remark

Conservative MP Michelle Rempel is accusing Mayor Naheed Nenshi of making a sexist remark after the two Calgary politicians sparred on Twitter over the impact of a property tax increase on suburban business owners.

The disagreement escalated when Nenshi told reporters Rempel didn't know what she was talking about and that apparently math is challenging. Rempel described Nenshi's comments as "mansplaining."

THE CANADIAN PRESS

Notice of Delegate Selection Meeting for PCAA Leadership



Calgary South East
February 11, 2017 - 7:00 PM
McKenzie Lake Community Association Building
16198 McKenzie Lake Way SE

If interested in becoming a delegate for the upcoming leadership in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to Cole Andrew at membership.calgaryse.pcaa@gmail.com by February 3, 2017 at 11:59pm.

Delegate Nominees and voters must attend the meeting in person, meet all eligibility requirements and hold a membership by at least January 28, 2017 in order to be a delegate or vote.

More details available at www.pcalberta.org



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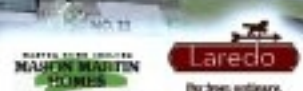


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Police shootings a top concern

SAFETY

New president says meeting was positive



Lucie Edwardson
Metro | Calgary

Despite an email asking for a show of force from Calgary Police Service members, new Calgary Police Association President Les Kaminski stood alone at his first press conference Wednesday.

"Initially, I really wanted to create an impact," he said. "Our members are searching for a voice, they want to be heard."

After a meeting with the CPS executive and the Calgary Police Commission Tuesday, Kaminski said he left feeling "really good," that they had a place back at the table and would be listened to.

But, when asked why no members stood with him Wednesday, Kaminski said it was because CPC chair,



Incoming Calgary Police Association president Les Kaminski, at his first press conference Wednesday since taking over. JENNIFER FRIESEN / FOR METRO

Brian Thiessen had raised concerns.

"Mr. Thiessen expressed

some concerns about the optics of having those members there, and out of respect

for that and because we felt like we had won what we wanted to achieve yesterday,

I decided to appear in front of you alone," he said.

A spokeswoman for the CPC said however, that Thiessen didn't express any concerns. They said he simply told Kaminski that he didn't need to have 100 officers standing behind him for the commission to listen to his concerns.

Kaminski, elected as CPA president in December, said he hopes to use his decades of experience, including working patrol, tactical unit and gang suppression, will bring CPS executives a new perspective.

During his address Wednesday, Kaminski, a 30-year-veteran of the force, said he'll tackle a few key areas as CPA president and representative of Calgary's officers, including officer-involved shootings.

"Our citizens and the media have legitimate concerns after 10 police shootings in the year 2016, and you know what? They have a right to ask questions," he said.

"Our officers are deeply affected by all of these tragic



Our citizens and the media have legitimate concerns after 10 police shootings in the year 2016.

Les Kaminski

occurrences and we share those same concerns."

Kaminski said the last thing that an officer wants is "to be forced into a situation where we must use deadly force."

"The fact is, right now our frontline is responding to situations far too frequently that force them to make life and death decisions," he said, adding that these officers are responding as police training dictates.

The president said the CPA's goal is not to go down the same path in 2017, and would prefer to address the issue at the root cause and deal with the criminals carrying out the crimes before it gets to that point.

Chief brings in new policies

In an effort to curb officer-involved shootings Calgary's chief of police said he's recently introduced new policies focused on shooting at vehicles, or rather, not shooting at them.

"It really goes to the idea of a mission statement and that we clearly understand our priority to public safety, officer safety and duty of care to an offender," he

said. The chief said the policies have already been presented to the membership and Calgary Police Association, and will be presented publicly at the Calgary Police Commission meeting later this month.

In 2016 there were 10 officer-involved shootings in Calgary, five of which involved shooting at moving vehicles.

"This particular policy will have a lot to do with the issues around motor vehicles and shooting at motor vehicles and making sure we're doing the things that are most likely to resolve an issue safely," said Chaffin.

"Recovery of a vehicle and apprehensions are secondary to our goals of safety."

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Notice of Delegate Selection Meeting for PCAA Leadership



Calgary Hays
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16198 McKenzie Lake Way SE

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Delegate Nominees and voters must attend the meeting in person, meet all eligibility requirements and hold a membership by at least January 28, 2017 in order to be a delegate or vote.

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CLIMATE CHANGE

Fonda blasts Trudeau

Hollywood icon Jane Fonda is joining with Canadian aboriginal leaders to say Prime Minister Justin Trudeau's recent approval of two oilsands pipelines is a betrayal of his promises to move on climate change.

Fonda told a news conference in Edmonton that the message of Trudeau's first year is that you shouldn't be fooled by good-looking Liberals.

Grand Chief Stewart Phillip of the Union of British Columbia Indian Chiefs says the approval of Kinder Morgan's Trans Mountain pipeline expansion and Enbridge's Line 3 left him bitterly disappointed.

Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs says Trudeau has failed to live up to the promises he made at an international meeting in Paris on climate change in 2015.

Fonda toured the oilsands in northern Alberta on Tuesday to support indigenous leaders in their opposition to pipelines.

THE CANADIAN PRESS

IN BRIEF

Real estate board sees overall market stabilizing

The Calgary Real Estate Board says the city's housing market is expected to stabilize, with some prices forecast to rise this year. In its 2017 forecast, the board says detached house prices are projected to climb by 0.8 per cent in 2017 after falling 4.7 per cent since oil prices began falling in 2014. Condo prices are expected to fall another two per cent this year.

THE CANADIAN PRESS

TREE COLLECTION

Fake trees, décor not for Christmas tree drop-off, city says



Helen Pike
Metro | Calgary

Some Calgarians are so glad to get the holidays out of house and home, they're tossing decorations along with their real trees.

It's almost a week into the city's new Christmas tree collection program. Instead of going door to door, they're picking up trees at 16 collection locations across the city.

So far, more than 10,000 trees have been collected. This is putting the program on track to



Shamus Neeson, right, was originally supposed to donate a kidney to a stranger — but fate had other plans. His organ is now going to high school friend Nelson Nobrega, left. ELIZABETH CAMERON/FOR METRO

Man donating kidney to high-school friend

ORGAN DONOR

Calgarian had lost touch with football buddy for 20 years

Elizabeth Cameron
For Metro | Calgary

When Shamus Neeson signed up to be a living kidney donor in 2015, he didn't know to whom his organ would go. He knew he would be saving a life, and that's all that mattered.

Through the grapevine, Neeson

heard rumours about a friend of a friend who needed a kidney. That person turned out to be Nelson Nobrega — who attended high school with Neeson 20 years prior.

They played junior football together, and had recently reconnected on Facebook. "I messaged him and said hey, I heard you need a kidney and I've got one," said Neeson, laughing.

They were the same blood type, and after more testing, found out they were a complete match. The date was set — on Feb. 8, both Neeson and Nobrega will check into the Foothills Hospital for surgery.

"It's one of those serendip-

itous things. We haven't seen each other in 20 years, and all of a sudden we've come to this point," said Nobrega, who has been battling kidney disease for the past eight years and gets hooked up to a dialysis machine for four hours, three times a week.

Initially, Neeson was matched with someone who had been waiting for more than eight years — but the victim of a fatal car crash turned out to be a perfect match for her, and the transplant went ahead.

"That left me in a bit of limbo," said Neeson, who was still determined to donate his kidney to someone.

"I had already made the decision mentally that I was doing this. At that point, it really didn't matter who I was saving," he said.

The process to become a donor wasn't difficult, according to Neeson, who wants to encourage other Calgarians to sign up for Alberta's Living Donor Program.

"I'm going to be off work for a couple months and I'm helping lengthen someone's life — why not?" he said.

Nobrega said he feels blessed to have a friend like Neeson.

"My first question when I wake up from surgery will be, 'how is Shamus doing?'"

RIDESHARING

Uber lands at airport

Uber's service to the Calgary International Airport has landed.

Although the ride service giant has been active in the city since December, incoming visitors and those returning to YYC haven't been able to request rides home from the airport.

Joining other rideshare services that offer rides to and from the airport, Uber now has a stake in the designated pick-up and drop-off spots for transportation network companies. On the departures level, passengers can be dropped off anywhere, and when being picked up, the airport authority has set up a spot either at Door 1 or Door 12 on the departures level.

"While Edmonton was the first city in Alberta to regulate ridesharing, we are pleased to have reached an agreement with the Calgary Airport Authority, the first airport in Alberta to allow both residents and visitors in Calgary to ride with Uber easily to and from the airport," said Uber Alberta's general manager Ramit Kar.

This agreement will see an extra \$4.50 charge, on top of Uber's usual costs.

Roger Richard, president of Associated Cabs, said he's not concerned with the service. His company has serviced a taxi stand at YYC for years in a multi-year deal that was made with the airport.

"There's no doubt we offer superior and much, much safer service," said Richard. "I'm sure the public will recognize that and use us as their transportation company."

He noted that he's going to be monitoring his airport trips, but is confident customers will continue to choose cabs.

HELEN PIKE/METRO

mulch just as many Christmas trees as in previous years, when the city was doing a door-to-door tree pickup service.

"We're really happy with how Calgarians are responding to the program this year," said Sharon Howland, leader of program management with waste and recycling services.

Citizens are mixed on the new program. One told Metro they've seen trees dumped on the side of Stoney Trail.

But trees aren't the only thing the city is trashing with this program. The city is seeing tannenbaums delivered with all

the dressing, sometimes even the stand.

"We see improperly prepared trees," Howland said. "People leaving them wrapped in bags, we see a lot of decorations and lights left on them, tree stands — which is odd — but we do see quite a few trees with the stands attached."

The city's seeing more natural wreaths dropped off, but those are problematic too because they have a metal backing.

What's even stranger are the Calgarians who opt to toss their plastic trees in with the real deal. And no, the city confirms those

firs can't be mulched.

"It's definitely not where they want them, they're not an acceptable material," Howland said. "We'd much rather see them donated, people are always looking for Christmas decorations."

Trees that aren't prepped properly have to be undressed before loading; if not they pose a serious risk to the city's equipment. Howland said these mistakes can also lead the program to be less efficient, and incur more costs.

Drop-off locations are open until Jan. 31.



Natural Christmas trees can be dropped off at 16 locations to be picked up and mulched. ELIZABETH CAMERON/FOR METRO



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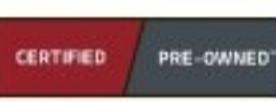


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'It sometimes feels that all is lost'



The coffin of Lionel Desmond is carried into St. Peter's Church in Tracadie, N.S. on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

NOVA SCOTIA

Memorials all that remain in unimaginable family tragedy

The funeral service inside the big, old church by the harbour started with the arrival of two caskets — one draped in the Canadian flag and carrying the remains of

former soldier Lionel Desmond, the other his mother Brenda.

More than 300 people filled the pews inside St. Peter's Roman Catholic Church in Tracadie, a small village in northeastern Nova Scotia on the edge of St. Georges Bay. Many onlookers crowded into the entryway of the 200-year-old church, and a handful stood outside, despite a cold, driving rain.

Desmond was a 33-year-old veteran of the war in Afghan-

istan who suffered from post-traumatic stress disorder. He took his own life last week after he fatally shot his 52-year-old mother, his wife Shanna and their 10-year-old daughter Aaliyah — a ghastly, unthinkable crime that attracted national attention and sparked a difficult debate over PTSD and family violence.

The funeral for Desmond's wife and daughter is scheduled for Thursday afternoon, across the street from St. Peter's, at

the local hall.

During the Roman Catholic service Wednesday, Rev. John Barry said it was impossible to offer an explanation for such a "horrific tragedy."

"In the face of such tragedy, it sometimes feels that all is lost," the priest said. "Inevitably, we all are searching for answers and we are asking many questions ... We cry out to God, for he is the only one we can turn to."

THE CANADIAN PRESS



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FIRST NATIONS

Girls' suicides show need for action: Chief

The deaths of two 12-year-old girls from a remote First Nation in northern Ontario are further evidence of the need for a national suicide strategy to help protect children across Canada, a prominent indigenous leader says.

One of the girls was found dead Sunday and the second one Tuesday in Wapekeka First Nation, an isolated community of about 360 people. The community is focused on ensuring there is enough support in place to stabilize the situation, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler. A number of young people that have been identified as high-risk were flown out of the community, and there's reason to believe others may be at risk, Fiddler said.

"I did request the police to monitor the social media activity of these children and youth to try and detect if there is a pattern," he said.

In December, Fiddler called an emergency meeting with federal cabinet ministers and Assembly of First Nations National Chief Perry Bellegarde, where he made a direct link between suicide and the prevalence of childhood sexual abuse in indigenous com-



Alvin Fiddler CONTRIBUTED

munities.

Ontario NDP MP Charlie Angus, who represents the federal riding that encompasses Attawapiskat First Nation, said the federal government has stacks of internal documents that show First Nation kids aren't getting adequate mental health services.

Last month, Angus's office disclosed just such a government memo, one that suggested Ottawa is falling well short of its responsibility in that regard.

In extreme cases, the memo said, desperate parents are surrendering their children to child welfare agencies as the only way to ensure their kids get treatment for mental illnesses. THE CANADIAN PRESS

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Calgary-East

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If you want to become a delegate for the upcoming leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DHD, Ad Kabele at adkabele@pcaa.ca by January 21, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 13, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at www.pcaa.ca/eng



Gina Bahiwal speaks before a parliamentary committee last year that led to changing rules. TORSTAR NEWS SERVICE

Labour hero faces deportation

IMMIGRATION

Migrant worker and advocate out of options

A migrant worker who has stood up for fellow workers and become a public face of the labour rights movement is facing deportation herself, caught up in the very rules she fought successfully to change.

Gina Bahiwal, 42, has run out of options and is scheduled for deportation to the Philippines on Sunday. She was left without status under the former Tory government's now-rescinded "four-in-four-out" rules that banned migrant workers from Canada for four years after having worked here for four.

"I have been inspired by Gina's dedication and tenacity to fight for the rights of migrant workers. From advocating for their maternal rights to exposing the unscrupulous practices of migrant recruiters, Gina is one of our unsung heroes," said Chris Ramsaroop of the advocacy group Justicia for Migrant Workers.

Bahiwal, who has a university degree and worked as a social worker in the Philippines, came to Canada in 2008 under the temporary foreign worker program and worked in Ontario and B.C. in vegetable packing on farms, hotel housekeeping and

at a McDonald's.

She said she paid a Canadian recruiter \$5,000 to find her a job in Leamington, Ont., packing tomatoes, peppers and cucumbers but found herself unemployed when she refused to pay another \$2,200 to the recruiter to renew her work permit. She later found another job at a different farm.

In 2012, when the Conservative government introduced the four-year ban on migrant workers, Bahiwal knew her days in Canada were numbered and decided to find another job that could potentially offer her a path to permanent residency here.

Bahiwal said she paid another



I have been inspired by Gina's dedication and tenacity to fight.

Chris Ramsaroop

recruiter \$1,500 for a job as a housekeeper in B.C. She said she left after two years because she stood up for another migrant worker over her firing and the employer allegedly refused to sponsor Bahiwal's immigration.

Later she found a job at a McDonald's in Hope, B.C., and applied for permanent status under the provincial nominee program. However, her earnings did not meet the government's eligibility threshold. TORSTAR NEWS SERVICE

INTERNATIONAL RELATIONS

No 'quid pro quo' with Russia

Canada is rebuffing the Kremlin's thinly veiled overtures that it might be willing to lift a travel ban on new Foreign Affairs Minister Chrystia Freeland if it eases sanctions on Russia.

Joseph Pickerill, Freeland's spokesman, says Canada isn't interested in any bargaining on the subject.

"There is no quid pro quo for aggression and illegal action on their part," Pickerill said.

The Russian news agency

Sputnik reported Wednesday that the country wanted to improve relations with Canada and end the diplomatic fight. Sputnik reported that a source told reporters, "We are ready to co-operate with Canada in all directions, improve relations and end the sanctions war. But we did not start it. The question is for Ottawa."

Freeland, who replaces Stephane Dion as Canada's top diplomat, is among a dozen



Chrystia Freeland

AFP/GETTY IMAGES

Canadians placed on a Russian sanctions list in 2014 as part of Russian President Vladimir Putin's tit-for-tat response to Western sanctions following Russian-backed military incursions into Crimea.

The former economic journalist, who spent several years working and living in Moscow, has called Putin an authoritarian, an autocrat and "really dangerous."

THE CANADIAN PRESS

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Russian report explained

Here's what you need to know about the explosive allegations

President-elect Donald Trump held a news conference in response to a shocking new wave of allegations that Russia collected information that could be used to compromise him. The allegations run from the time before Trump entered the political stage, when he developed business interests in Russia up to the 2016 U.S. presidential election.

WHAT ARE THE ALLEGATIONS?

The allegations are that Russia has collected compromising sex videos and personal information about President-elect Donald Trump. The allegations centre around memos delivered to Trump and out-going U.S. President Barack Obama last week by intelligence chiefs.

The memos suggest that for many years the Russian government has looked for ways to influence Trump. The memos describe videos involving prostitutes with Trump in a 2013 visit to a Moscow hotel. The videos were supposedly prepared as "kompromat," or compromising material, with the possible goal of blackmailing Trump. The memos



U.S. President-elect Donald Trump holds a press conference Wednesday. AFP/GETTY IMAGES

also suggest that Russian officials proposed various lucrative deals, essentially as disguised bribes in order to win influence over the real estate magnate.

ARE THE ALLEGATIONS PROVEN?

No.

TRUMP'S REACTION?

On Tuesday night, Trump responded on Twitter: "FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!" A spokesperson for the Russian government also categorically denied the allegations as

totally false.

WHAT ARE ALLEGATIONS BASED UPON?

The memos were generated by political operatives seeking to derail Trump's candidacy. The summary of the memos was presented as an appendix to the intelligence agencies' report on Russian hacking efforts, sources told The New York Times.

WHO DREW UP ALLEGATIONS?

The memos were prepared

mainly by a retired British intelligence operative for a Washington political and corporate research firm. The firm was paid for its work first by Trump's Republican rivals and later by supporters of Hillary Clinton.

WHEN DID TRUMP HEAR THEM?

Obama and Trump were presented with a summary of the unsubstantiated reports last week by the chiefs of the U.S. intelligence agencies, The Times reports.

TORSTAR NEWS SERVICE

Trump concedes role of Russians

In a combative and freewheeling news conference, President-elect Donald Trump said for the first time Wednesday that he accepts Russia was behind the election year hacking of Democrats that roiled the White House race. Looking ahead, he urged Congress to move quickly to replace President Barack Obama's signature health care law and insisted anew that Mexico will pay the cost of a border wall.

The hour-long spectacle in the marbled lobby of Trump's Manhattan skyscraper was his first news conference since winning the election in early November, and the famously unconventional politician demonstrated he had not been changed by the weight of his victory.

THE ASSOCIATED PRESS



POLISH FOREIGN MINISTER

Nation that wasn't there

The Polish foreign minister has been mocked on Twitter for saying he had a meeting with the representative of a nonexistent country as part of Poland's bid for a seat on the U.N. Security Council.

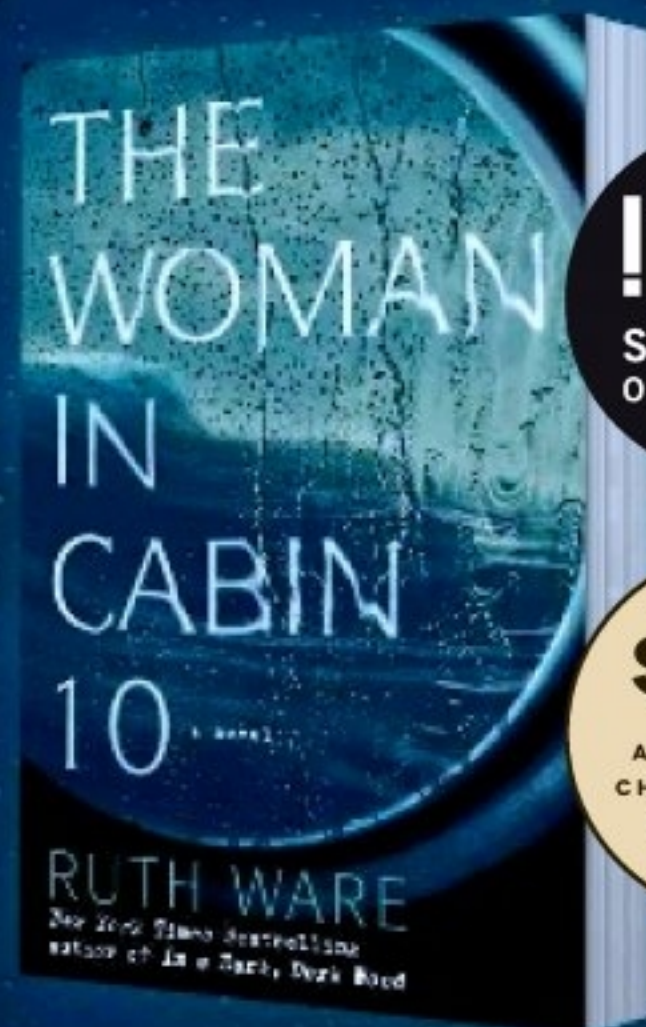
Witold Waszczykowski was in New York this week to lobby for a seat on the council from 2018-19. He told reporters while there on Tuesday that he had meetings with officials from nearly 20 countries, including some Caribbean nations "for the first time in the history of our diplomacy. For example with countries such as Belize or San Escobar."

There is no country called San Escobar. Waszczykowski explained Wednesday that it was just a slip of the tongue made while he was tired and that he had in mind Saint Kitts and Nevis, a two-island Caribbean country known in Spanish as San Cristobal y Nieves.

"Unfortunately after 22 hours in planes and several connecting flights you can make a slip of the tongue," Waszczykowski said.

That hasn't stopped an eruption of jokes under the hashtag #SanEscobar, including an invented flag and a slew of fake news. THE ASSOCIATED PRESS

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SCIENCE

The moon is over the hill at 4.51 billion years old: Study

It turns out the moon is older than many scientists suspected: a ripe 4.51 billion years old.

That's the newest estimate, thanks to rocks and soil collected by the Apollo 14 moonwalkers in 1971.

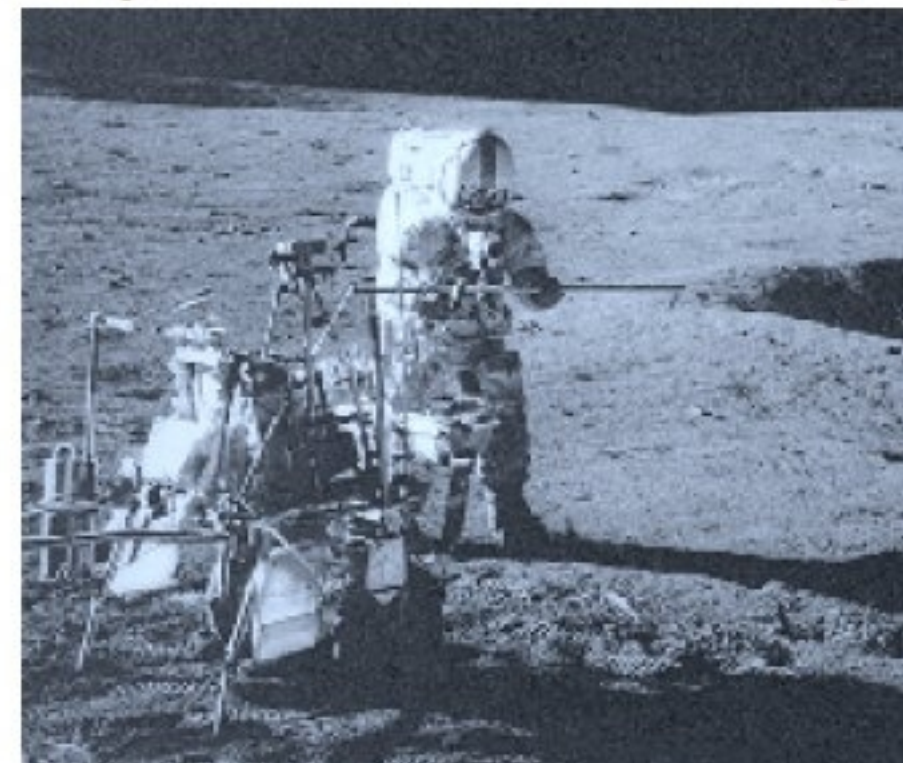
A research team reported Wednesday that the moon formed within 60 million years of the birth of the solar system. Previous estimates ranged with-in 100 million years, all the way out to 200 million years after the solar system's creation, not quite 4.6 billion years ago.

The scientists conducted uranium-lead dating on fragments of the mineral zircon extracted from Apollo 14 lunar samples. The pieces of zircon were minuscule — no bigger than a grain of sand.

"Size doesn't matter, they record amazing information nonetheless!" lead author Melanie Barboni of the University of California, Los Angeles, said in an email.

She noted that the moon holds "so much magic ... the key to understand how our beautiful Earth formed and evolved."

The moon was created from debris knocked off from Earth, which itself is thought to be roughly 4.54 billion years old.



Apollo 14 astronaut Alan B. Shepard Jr. conducts an experiment near a lunar crater. On Wednesday, a California-led research team reported that the moon formed within 60 million years of the birth of the solar system. NASA VIA THE ASSOCIATED PRESS

Some of the eight zircon samples were used in a previous study, also conducted at UCLA, that utilized more limited techniques. Barboni said she is studying more zircons from Apollo 14 samples, but doesn't expect it to change her estimate of 4.51 billion years for the moon's age, possibly 4.52 billion years at the most.

"It would be more a double-checking than anything else," she explained. She and her colleagues — whose work appeared Wednesday in the journal Science Advance — are eager to learn more about the moon's history and, in turn, the evolution of early Earth and the entire solar system.

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Vinyl record plant finally set to open

MUSIC INDUSTRY

Facility able to press 330,000 units a month at full capacity

Waxing on about the vinyl resurgence may be old news to some, but for Gerry McGhee, capitalizing on the trend has meant a troublesome, years-long quest to open a new vinyl pressing plant in Ontario.

From searching the world for record-making machines to construction delays and cutting through bureaucratic red tape, it has been three long years, but McGhee can see the light at the end of the tunnel.

"We actually had to approach our neighbours and ask them to shut down for 12 hours just to get the power

lines in," said McGhee, vice-president, Precision Record Pressing. "That's happening this weekend, and we'll finally be up and running soon after."

Originally planned to open last June, the five new machines, which cost approximately \$200,000 apiece, are in place at the facility in Burlington, Ont., and the 40-person staff are being trained in advance of production start-

ing up in the next few weeks.

At full capacity, McGhee says that Precision will be able to produce 330,000 records a month, running three shifts 24-7 and employing 200 people.

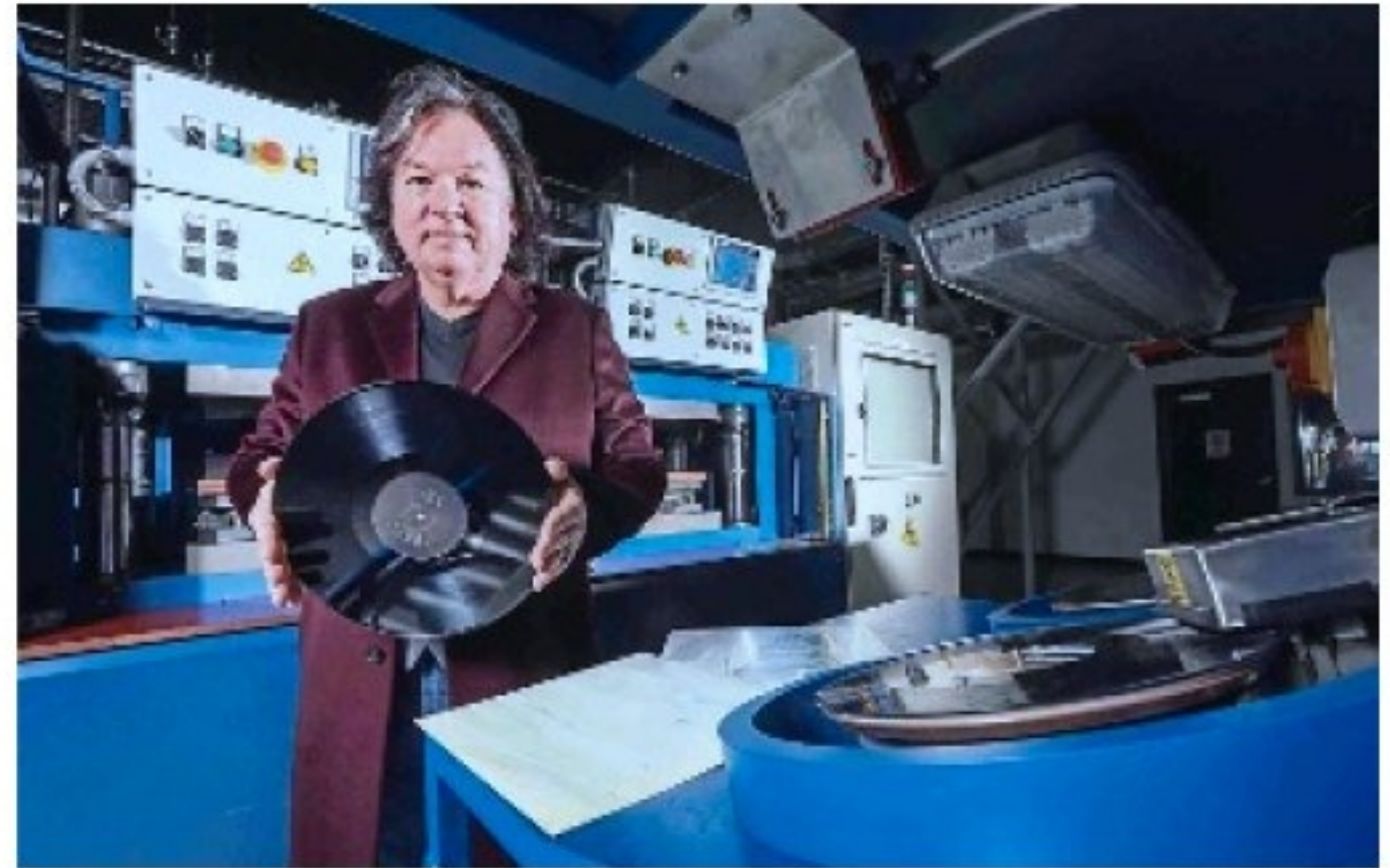
Precision's plans to start up come in the wake of the closing of a Calgary-based record-pressing plant, Canada Boy Vinyl (CBV), last week.

A lifelong music fan, McGhee was struck by the idea of opening a pressing plant when the vinyl resurgence hit full swing half a decade ago.

As president of Isotope Records, a distribution company that works with all the major music labels, McGhee realized there was an opportunity, as the record stores were often disappointed that their vinyl orders weren't being filled because Canadian orders were a lower priority at U.S. pressing plants. **TORSTAR NEWS SERVICE**

58%

Vinyl, which accounts for 5 per cent of physical media sales in Canada, was up 58 per cent in 2016, while CDs were down 15 per cent, according to a recent BuzzAngle market report on music consumption.



Gerry McGhee, vice-president of Precision Pressing, shows off his new record making machines on Wednesday. The plant is opening next month in Ontario. **TORSTAR NEWS SERVICE**

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PRICING PRACTICES

Amazon agrees to pay \$1.1M

Online retailer Amazon has agreed to pay \$1.1 million in penalties and costs to the Competition Bureau to settle concerns raised over its pricing practices.

The bureau says the concerns related to the "list price" Amazon used to compare what it charged for an item with a "list price." The comparisons usually signalled "attractive savings" for consumers but were unsubstantiated by the company, the bureau said.

It said Amazon relied on its

“Consumers are naturally attracted to claims that they will save money.”

John Pecman,
Competition Bureau

suppliers to provide the list prices without verifying that they were accurate.

The savings claims were used

on its website, Amazon.ca; on its mobile application, in online advertisements and in emails that were sent to customers.

The regulator noted the retailer has made changes to the way it advertises list prices on its website. The bureau's investigation spanned from May 27, 2014 to May 1, 2016.

"Consumers are naturally attracted to claims that they will save money," said John Pecman, the commissioner of competition at the bureau.

THE CANADIAN PRESS

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GENETIC TESTING

Bill backers scoff at life insurers' move

The decision by Canada's life insurers to stop requiring genetic testing for the vast majority of new policy holders is being dismissed as a pre-emptive strike against pending federal legislation that the industry strongly opposes.

Supporters of a Liberal private member's bill that would explicitly forbid discrimination on the grounds of genetic test results say Wednesday's industry announcement is little more than an 11th-hour stalling attempt that will wind up being redundant if the bill becomes law.

The Canadian Life and Health Insurance Association announced that they will soon bar insurers from requesting or using genetic test results for policies valued at up to

\$250,000. That threshold represents about 85 per cent of all policies, the association said, adding the new rules would go into effect on Jan. 1, 2018.

Bev Heim-Myers, chair of the Canadian Coalition for Genetic Fairness, said the association's voluntary move should not be seen as a substitute for the legislation that's set to undergo third reading in the House of Commons in the coming weeks.

"For years and years, the insurance industry has had an opportunity to embargo the use of genetic test information, and they have chosen not to," she said. "So now, in the 11th hour, when we have legislation on the table ... they have come forward with this?"

THE CANADIAN PRESS

On January 25, let's talk.



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Clara Hughes

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BOB HEPBURN ON KEVIN O'LEARY



Because he isn't an official candidate yet, the celebrity entrepreneur is not required to state where he stands. Still, there are key questions for him to answer.

Kevin O'Leary is a real tease, isn't he?

For more than a year, the multimillionaire entrepreneur has been tossing out hints that he will run for the federal Conservative leadership, a move that has many party loyalists salivating.

Over that time, O'Leary, who became a national celebrity as a panelist on the CBC-TV program *Dragon's Den*, has met with dozens of federal MPs, has launched his own campaign-style website, O'Leary for Canada, has posted videos on his Facebook page denouncing Justin Trudeau and has created an exploratory committee with high-profile Tories, such as former Ontario premier Mike Harris. The list goes on.

But at times O'Leary has inexplicably pulled back, suggesting variously that the timing isn't quite right, or that the field of candidates is too crowded right now or that he needs a better sense of the true mood of party members.

It's enough to break the heart of any Conservative desperate to defeat Trudeau in the 2019 election and who looks with despair at the 14 candidates already in the Tory race.

O'Leary can continue to tease his fans until Feb. 24, the last day for leadership hopefuls to officially declare their candidacy.

The Conservatives tarred Michael Ignatieff with the 'Just Visiting' tag. Will O'Leary, who has said 'Boston is home,' also be 'just visiting'?

Because he isn't an official candidate yet, O'Leary is not required to state where he stands on any issue. Still, there are key questions for him to answer if and when he does enter the race. They include:

First, will you run in the 2019 election even if you lose the leadership race?

Given the timeline of when he must enter the race (Feb. 24) and when the leadership votes will be announced (May 27), O'Leary may well be a politician

others. To avoid potential conflicts of interest, many rich political leaders, including president-elect Donald Trump, have taken steps to insure they are squeaky clean in this area.

Third, will you move full-time to Canada rather than continue to split your time between here and Boston, where you have lived since the mid-1990s, if you win the leadership?

While O'Leary owns property in Toronto, he told *Boston Magazine* in 2013 that "Boston is

on any other issue, such as the Middle East, environment or social policy, such as assisted suicide.

Fifth, will you pledge to learn French even if you lose the leadership race?

Last year O'Leary, who doesn't speak French, casually dismissed the notion that a federal party leader should be bilingual. Now, though, he's reportedly hired a private French tutor and says he is "going to try" to learn the language.

If O'Leary does enter the leadership race, he may stand the best chance of winning.

The reasons are obvious: a weak slate of opponents, his huge name recognition and his Trump-style tough-talking image that appeals to many voters. An indication of the size of O'Leary's following is the fact that his latest Facebook video, in which he attacked Trudeau on the economy, was viewed more than 144,000 times in the first 48 hours after it was posted.

Fact-checkers had a field day with that seven-minute video. Among the statements noted was one where he said Trudeau's cabinet "are all ex-Ontarioites under Dalton McGuinty." In fact, only 11 of 31 ministers are from Ontario and not one was a provincial MPP. Also, he said Canada's population is 34 million, when it is actually more than 36 million.

With six weeks to go before the deadline to enter the race, O'Leary has lots of time to craft replies to the key questions. His answers should reveal much about just how serious he is about being a full-time politician.

Bob Hepburn is a columnist for the *Toronto Star*.



Celebrity businessman Kevin O'Leary speaks during a session entitled "If I run here's how I'd do it" during a conservative conference in Ottawa in February 2016. THE CANADIAN PRESS FILE

for barely three months. If he loses, he could easily slink back to Boston where he lives, having invested little time or money. Even if he wins the leadership, O'Leary could quit politics within three years if the Liberals are re-elected.

Second, will you sell or put your businesses in a blind trust if you win the leadership?

O'Leary has a slew of various companies, including the O'Leary Financial Group, O'Leary Ventures, O'Leary Fine Wines, and

home." It was the Conservatives who tarred former Liberal leader Michael Ignatieff with the "Just Visiting" tag when he came back to Canada after decades of living abroad to enter federal politics. Will O'Leary also be "just visiting"?

Fourth, will you release a full set of policy proposals during the leadership campaign?

So far O'Leary has spent much of his time bashing the Liberals over the economy and barely touching

VICKY MOCHAMA



Status of Women should not be where ministers go to rot

Justin Trudeau announced a reshuffle in the cabinet which included a reassignment for Maryam Monsef to the Ministry for the Status of Women. Several have described the move as a demotion. It's considered thus because the office doesn't have the power, prestige or budget of other government departments.

Yet the characterization rings hollow.

For Monsef, it's a lateral move. Let's not pretend that in her former post as minister for democratic institutions she was in any way central to conversations about war or taxes. On her biggest file — electoral reform — she seemed earnest but indecisive. That is if we're being generous.

That Status of Women is considered a step down tells us a lot about the actual status of women in Canada in 2016.

This new position actually gives her a slightly more robust portfolio with working relationships across the cabinet, such as with Justice and Indigenous Affairs, on the Missing and Murdered Indigenous Women inquiry. She is now in charge of a department with a dedicated staff, a budget and a wide-ranging brief.

From a thinly funded portfolio and the unfortunate task of exciting the populace about proportional representation, she now has far more power to compel policy.

Take, for example, gender-based analysis.

Since signing the Beijing Declaration and Platform for Action in 1995, the federal

government has promised to implement gender-based analysis on all policy decisions. Last year, the auditor general revealed the practice has been inconsistent. Of 25 departments, six did not have a framework for gender-based analysis. The rest had partial or incomplete plans.

For two decades then (and counting), there has been a measurably incomplete commitment to looking at how policy impacts the lives of men and women. At present, our national picture of gender and policy is patchwork. This is where Status of Women steps in.

The mandate letter requires the minister to work the Privy Council Office to "ensure that a gender-based analysis is applied to proposals before they arrive at Cabinet for decision-making." With an additional \$3 million in the ministry's coffers from the latest budget, there is now financial room for the incoming minister to make gender-based analysis a priority. From a doomed portfolio, she is now more than equipped to tackle the challenges at Status of Women.

Monsef's track record as minister of democratic institutions should, however, give the 50 per cent of women in the country pause. Despite the testimony of 200 experts and conversations with citizens who joined her as she toured the country, electoral reform is all but dead.

Her new job is not a demotion but it may yet prove an exercise in failing upwards.

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Metro's WOMEN'S MARCH SURVIVAL GUIDE

Tens of thousands of people are heading to the U.S. capital on Jan. 21 for the Women's March on Washington. Hundreds of cities are holding similar events in solidarity. Many will be attending a political rally for the very first time. **Genna Buck** asked the pros what you need to know.

Next week, the United States will be swearing in a president who has called women "dogs" and "fat pigs," made fun of menstruation and bragged about sexual assault. The day after Donald Trump's inauguration, women will be descending on Washington D.C. to express their displeasure. But what

do you pack for a march? What's the etiquette? We asked for tips from **Tori Cress**, a veteran indigenous political organizer in the **Idle No More** movement, and **Marissa McTasney**, who is organizing bus trips to D.C. from Canada. Here's their best advice, in a handy format you can stick on the back of a sign.

A ROUGH GUIDE TO PROTEST

Tori Cress is a seasoned pro at political action. If you are attending a march next Saturday, here's her best advice:

KEEP UP TO DATE

Any last-minute changes are usually posted on whatever website or social media service the group is using to get organized, so check it often.

STAY OUT OF TROUBLE

Be aware of hangers-on around the sides of a march route, saying hateful things and trying to provoke a reaction and get you off-message. "Don't engage," Cress said.

RESPECTFULLY COEXIST

There are going to be large gatherings with many different groups with various agendas. "I usually just stick with my own crowd," Cress said. "We do all have our own issues, and they're all important. You don't want to try to make your issue more important. It's all white supremacy and patriarchy that we're fighting. It affects us in different ways."

FOLLOW THE LEADER

Stick to the route that's been planned, and if there's a designated person in your group who communicates with the local authorities or police, leave them to do it. "Trying to take the lead and step over organizers is a common mistake that new people make," Cress said.

PACKING AND PREPPING

DON'T FORGET THIS STUFF — A CHECKLIST

☐ **Dress for the weather** In January, Washington D.C. is usually between -2 and 6 C and damp, so you'll need warm layers and winter boots you can walk in. Check the forecast to see if you need an umbrella, Cress said. McTasney recommends disposable hand warmers.

☐ **Have a smooth border crossing** Whether you're travelling by land or air, find out what you're allowed to take to the U.S. Have all your medications, passport, and travel documents in a safe and accessible place, like a zippered bag in your carry-

on. You don't want to hold up your whole bus at the border, McTasney said.

☐ **Be comfy on the journey** The drive to D.C. could be 10 hours or more, depending on where you're coming from. So pack slippers, a blanket, a neck pillow and something to read, McTasney said.

☐ **Stock up on snacks and a water bottle** Choose things with protein to keep your energy up. Cress suggests granola bars, nuts, and jerky.

☐ **Phone, charger, and back-up battery:** Facebook Live is an increasingly popular way to broadcast in real-time. If you want to be able to stream at a moment's notice, it's a "no brainer" to make sure your technology is up to the job, Cress said. (Don't forget a data plan.)

☐ **WHAT NOT TO BRING** Avoid anything that could be interpreted as a weapon, Cress advised. Also, many items, including selfie sticks, large protest signs and backpacks bigger than 45x33x18 cm are banned from the actual inauguration ceremony.



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Evolution of a teen queen

INTERVIEW

Victoria was tiny in stature but giant in her courage, force

Sue Carter
For Metro Canada



In 2014, Daisy Goodwin was suffering through what Queen Elizabeth might call an *annus horribilis*. The British author and television producer found herself unemployed after being forced out of her own company, was diagnosed with a treatable form of breast cancer and, to top it all off, her house burned down in a freak accident.

Any one of those events would test a person's mettle, but Goodwin credits another female monarch, Queen Victoria, with getting her through one of the worst times in her life.

"Looking at a woman who had such incredible force and sense of self was rather encouraging," Goodwin says. "What I like about Victoria is that she's a flawed human being, but she has the courage to learn from her mistakes. She inspired me to write and to not indulge in self-pity."

Goodwin first became fascinated with the 19th-century British monarch back when she was a student in the early 1980s and discovered her journals at the Cambridge University library. As it turns out, Queen Victoria was a prolific, lifelong diarist who wrote more than a formidable 62 million words over the course of her life. In particular, Goodwin was struck by Victoria's early journals, which chronicles her crowning as monarch at the age of 18, her infatuation with the Prime Minister, Lord Melbourne, through the early years of her marriage to her first cousin, Prince Albert, to whom



Jenna Coleman stars as the young Queen Victoria in the new series premiering Jan. 15 on PBS, which is based on Daisy Goodwin's take on the monarch's first three years in power. HANDOUT

she proposed.

In those volumes, Goodwin discovered a "saucy, frisky, willful" self-possessed young woman, "quite interested in parties and boys and flirting, just like any teenage girl would be." And so, still inspired 20 years later, and facing major personal obstacles, Goodwin began writing *Victoria*, a fictionalized take on the first three years of the Queen's reign. Goodwin initially conceived the story as a novel, then switched to a screenplay, which would eventually become the eight-part television series.



She loved sex. Sex was terribly important to her.

Daisy Goodwin

ies, also called *Victoria*, which debuts Jan. 15 on PBS.

For both the novel and series, Goodwin relied heavily on the journals, but also drew from memories of her own youth, and observations of her teenage daughter, who, like the Queen, is diminutive in stature.

"She's tiny but incredibly powerful as a character," says Goodwin (who wrote herself a cameo in the TV series as Lady Cecilia Buggins.) "I thought about what would happen if I woke up one morning and my daughter was the boss of everyone. It was quite terrifying."

Although the 2009 film *The Young Victoria*, starring Emily Blunt, was a critical success, the image of the youthful ruler has never really resonated in pop culture like other members of British royalty. Goodwin speculates it's because the historic

images of the older woman are so powerful they're impossible to set aside. It's also difficult to imagine that Queen — whose iconic likeness graces park statues with her thick jowls and stern demeanor — as the same sexually open human Goodwin discovered in the diaries.

"She loved sex. Sex was terribly important to her and I think we forget her humanity in the image of her," says Goodwin, who also observed that Victoria never seemed concerned about her physical appearance because she had power. "When you're surrounded by teenagers who spend their whole lives checking how many likes they have on Instagram, it's glorious to write about a woman for whom that is not an issue."

Sue Carter is the editor at Quill & Quire magazine.

Q&A

'Look at her...I don't think so'

How Natasha Stoyneff's body image book project helped her through a fresh attack from Donald Trump

Canadian journalist Natasha Stoyneff has worked for *People Magazine* and the *Toronto Star*. Her latest project is *Curvy and Confident*, a *Chicken Soup for the Soul* book that collects women's personal stories about finding body confidence.



don't think so". It was crazy. (The *People* piece was published) when we were in the last week of the book. I had just gone through all these stories about women baring their souls and being afraid of what people say about how they look. Then the tape

came out, and a couple days later I saw what he said at the debate (that the tape was "locker room talk"). And I was just so upset at what he was saying. Working on the book actually gave me the strength to write about it.

When you're a woman it's a struggle anyway to feel confident about how you look. Like every other woman, I have ups and downs with my level of curviness and my level of confidence. And so it was very jarring to have the president-elect refer to my looks on international television. Strangely, it didn't hurt me too much. I think I'd been strengthened by the book.

What made a story stand out and make you know it needed to be included in the book?

There were so many great submissions. I felt so personally connected to them all. So many were starting out with struggle and pain. And then you really realize how much women punish themselves and hate their bodies. No matter what shape or size. We have to do something about it. So many stories ... illustrated the theme that so many women don't live moments of their lives, because they're covering their bodies. You don't go to a function because you don't have the right dress. You don't go to the beach or wear a bathing suit.

I can't help but notice the dissonance between the message of this book and your experience. Donald Trump responded to your allegations by saying "Look at her, I

Are you angry with the women who elected Trump? It's complicated. First of all, I think a lot of people may have not believed the women who came forward (and accused Trump of assaulting them). And then the ones who did don't hold that sort of thing as a priority. There's some great saying about a lion being in a cage, and then you take the bars away but they still circle the parameters of the cage. I think (some) women aren't comfortable yet with a woman in power. GENNA BUCK/METRO

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MEET THE CONDO



SANDGATE IN MAHOGANY

CONTRIBUTED

Project overview

A four-building condo development located in the city's Community of the Year for 2016. A new condo at Sandgate means getting the most out of Mahogany's enviable — and exclusive — lake lifestyle just a two minute walk away.

Housing amenities

Featuring over 3,000 sq. ft. of landscaped green space outside with a 1,300 sq. ft. fitness centre inside so that homeowners can work out right at home. Residents can also enjoy the lending library and the landscaped 2,500 sq. ft. great lawn featuring pathways.

Location and transit

Conveniently located within walking distance of the beach, parks and pathways, this project is easily accessible. Transit already exists in Mahogany with the Green Line planned for the future. Stoney Trail, 52nd Street, Macleod Trail and Deerfoot Trail are all within minutes.

In the neighbourhood

The community offers Calgary's largest lake and beachfront, a 22,000 sq. ft. Beach Club, 74 acres of wetlands, walking paths, green spaces, gathering places and more. Mahogany Village Market is under construction, and will include a grocery store, coffee shops, restaurants and more.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Sandgate in Mahogany
Builder: Hopewell Residential
Interiors: Hopewell Residential
Location: Mahogany in southeast Calgary
Building: Four buildings total
Sizes: From 601 sq. ft. to 1,087 sq. ft.
Pricing: Starting at the \$190s

including GST
Suites: One-bed with one-bath, one-bed with one-bath plus den, two-bed with one-bath, two-bed with two-bath
Status: Now selling, four new showhomes recently launched
Email: info@hopewell-sandgate.com
Phone: 403-475-9464

REAL ESTATE

What's hot on the market

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Riviera on The Bow by DaVinci Homes: With 31 apartment-style condominiums in Parkdale located by the river, this condo project is perfectly located next to nature but remains inner city. Visit the Sales Centre at 3320 3rd Ave N.W.

2 NOW SELLING

Tela by CDH Development Group: This Mission condo development has its perks, putting you in the heart of 4th Street where an eclectic collection coffee shops, restaurants, wine bars, and unique shops are just steps away. Check out the Sales Centre at 104, 320 - 23rd Ave. S.W.

3 STILL SELLING

Lusso by Hearthstone Developments: This Bridgeland project features 20 high-end luxury units on the hill above the community making for breathtaking views. One, two and three-bedroom units with unobstructed views starting in the low \$400,000s. Visit the Sales Centre at 605 7th Ave. N.E.

KRISTA SYLVESTER/FOR METRO



Bennett proving his might thanks to Atlanta coach

NFL

Quinn was key in reuniting defensive star with Seahawks

On a Seattle Seahawks roster that was created mostly through the draft, it's difficult to find a more important free agent signing than the luring of Michael Bennett during the 2013 off-season.

And a big reason why he originally decided on coming to Seattle was his relationship with current Atlanta coach Dan Quinn.

"I can talk all day about him, what he meant to me as a coach, and it's because of guys like Mike that I have this fantastic opportunity here," Quinn said.

Bennett could end up being a big reason why Quinn's second season in charge of the Falcons could come to an end early when Seattle faces Atlanta on Saturday in an NFC divisional playoff game. When the teams met in Week 6, Bennett and Seattle's defensive line

held Atlanta to 52 yards rushing, had 13 quarterback hits and sacked Matt Ryan four times.

Another big performance like that from Seattle's defensive line is likely required if the Seahawks are going to take down the No. 1 scoring offense in the NFL during the regular season.

Since arriving in Seattle before the 2013 season, Bennett has 30-1/2 sacks in the regular season, playing multiple positions on the defensive line. He's gone from being a rotational player in his first season with the Seahawks, to the most important player on Seattle's defensive front.

From Bennett's perspective, a great deal of that success is due to Quinn.

"He understands how to put people in the right position to be a great player," Bennett said. "I think when you can do that — Pete (Carroll) does a great job of that — you can put people in the position where they can be great, they can do great things on the field for you."

The relationship between Bennett and Quinn dates to 2009. That's when Bennett had his first stint with the Sea-



It's because of guys like Mike that I have this fantastic opportunity here.

Falcons coach Dan Quinn



Seahawks defensive lineman Michael Bennett has racked up 30-1/2 regular-season sacks since joining the Seahawks before the 2013 season. ELSA/GETTY IMAGES

hawks as an undrafted rookie and Quinn was Seattle's defensive line coach. Bennett never played a game that season for the Seahawks and was eventually claimed off waivers by Tampa Bay at midseason. But the foundation of the relationship between Quinn and Bennett was created in that short time.

"Over the course of time, his game kept evolving and kept getting better and better and

for those of you that see how quick his hands are and how hard he works, what you don't see is all the work that goes in behind the scenes when he's out in Hawaii and putting on all the training that he goes through," Quinn said.

That initial time together was at the root of why Bennett chose to sign with Seattle four years later. At that point, Bennett was an established starter in the NFL after getting his opportunity

in Tampa Bay and Quinn was returning to the Seahawks as their defensive co-ordinator.

"I got the chance when he called me," Bennett recalled. "Of course Pete (Carroll) called me but I didn't know who Pete Carroll was, but Dan called me first and was like, 'You should come down here. I think we have something good, we just need an inside rusher.' I was like, 'OK,' so I just came out here." THE ASSOCIATED PRESS

IN BRIEF

Broncos decide not to pass up Joseph again

A runner-up two years ago, Vance Joseph is John Elway's pick this time around.

"It's official. Excited to announce Vance Joseph as head coach of the Denver Broncos!" Elway tweeted early Wednesday afternoon.

Joseph impressed Elway in 2015 when Gary Kubiak got the job. Kubiak, 55, stepped down last week over health concerns.

THE ASSOCIATED PRESS

Ovi surpasses 1,000 points

Alex Ovechkin scored twice to reach and exceed the 1,000-point plateau, leading the Washington Capitals to a 5-2 victory over the Pittsburgh Penguins on Wednesday night.

Becoming the 84th player in NHL history to hit the milestone, Ovechkin put the team on his back as Washington won its seventh consecutive game and snapped Pittsburgh's winning streak at five.

THE ASSOCIATED PRESS

Manchester City faces anti-doping violation

The English Football Association has charged Manchester City with breaching anti-doping rules.

The FA says Pep Guardiola's team failed to ensure that information about players' whereabouts was accurate. City has been given until Jan. 19 to respond to the charge.

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MAKE IT TONIGHT

Succulent Chicken Paillard



PHOTO: MAAYA VISNEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's freezing outside but you can still bring brightness to the table with this juicy chicken dinner.

Ready in 20 minutes

Prep time: 20 minutes

Cook time: 10 minutes

Serves 4

Ingredients

- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced
- 2 tps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate or grill pan with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

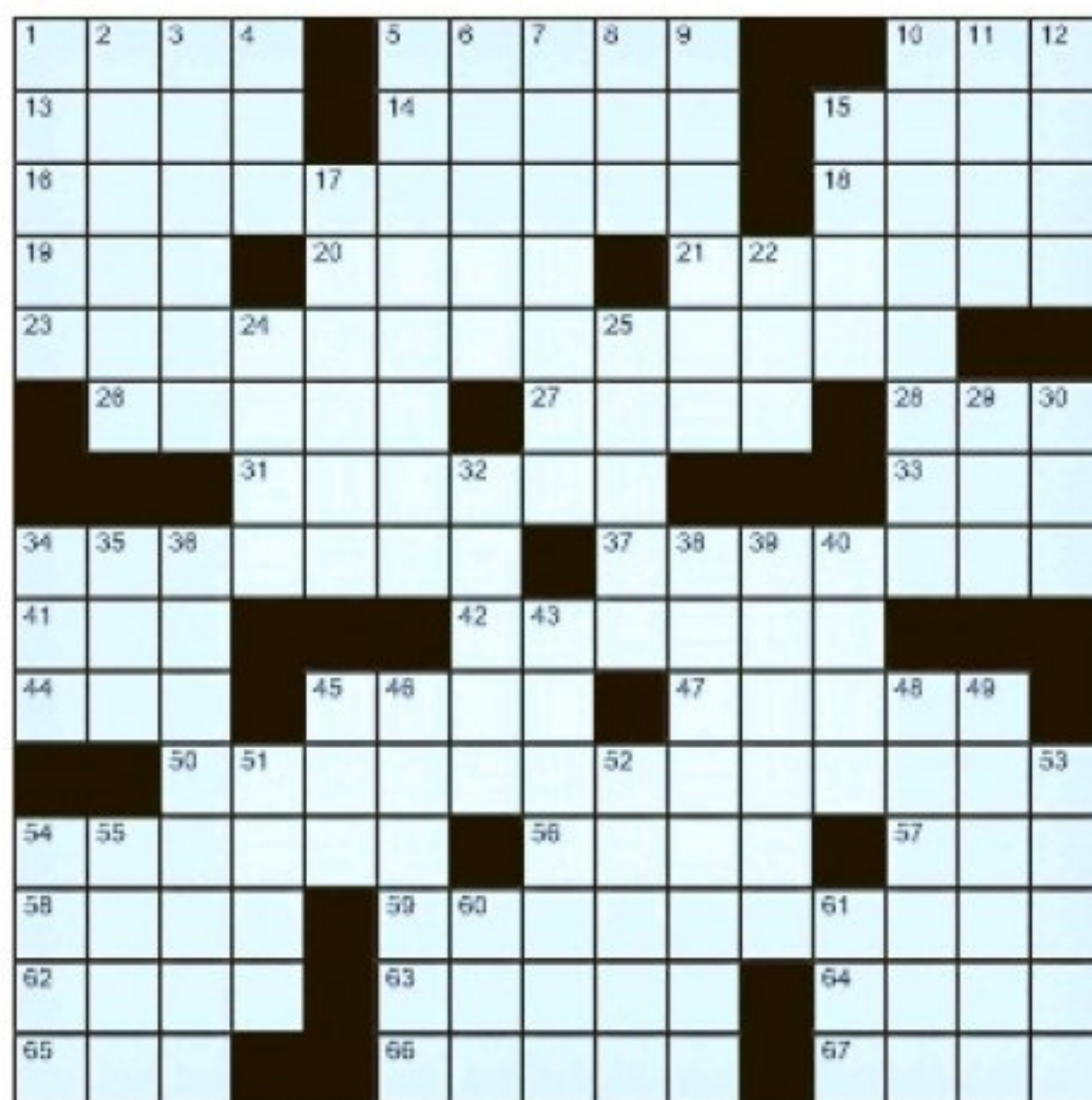
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Post-Winters times [abbr.]
- Appointed
- Metric units, e.g.
- "Able was I __ saw Elba."
- Ms. Donovan of "Clueless" (1995)
- Fearsome reptile, commonly
- One saying "It's now 2pm ...and now it's 3:12pm ...7:23pm now...": 2 wds.
- American chat host Kelly
- Apricot-like Japanese fruit
- Prefix to 'ology' (Study of the eye's iris in alternative medicine)
- Rinsed, as with a solvent
- Honour in 1995 for author Carol Shields for The Stone Diaries: 2 wds.
- Buying-stuff place
- __ River, of New York City
- Hosiery glitch
- Planets
- 'Advert' suffix
- Language spoken in Spain
- Jewelled as Duchess Kate at a formally posh function
- Princess Eugenie's sis
- Schedule
- Shortened sandwich
- Pinnacle
- Sub instrument
- Canadian ballet



legend who is an Officer of the Order of Canada: 2 wds.
54. "Makes sense to me now": 3 wds.
56. Noon: French
57. Court
58. Rapper, Flo __
59. Astronauts' apparel: 2 wds.

62. Mr. Philbin, et al.
63. Printer need
64. Take off
65. Compass pt.
66. Soothsayers
67. Alberta town

DOWN

1. Get tables, chairs,

etc. ready at the reception: 2 wds.
2. Canadian telecommunications provider
3. Make more cheese gooey again
4. "Sprechen __ Deutsch?"
5. Pretty close to being

freezing: 2 wds.
6. "Kate & __"
7. " __ Pierce" (1945) starring Joan Crawford
8. WNW's opposite
9. Challengers
10. Standards/guidelines
11. Sulk
12. Carangid fish

- Penelope of pictures
- Lemon, in Longueuil
- Sch. course, English __
- Cedar Rapids locale
- Tomato __ (Pantry item)
- Operate
- "Waking __ Devine" (1998)
- Cud-chewing creature
- Fred __ (Cabaret lyricist)
- Salt, in Montreal
- Reality star Audrina
- Those in the know about unknown information
- Handsome fellow of ancient Greek mythology
- Phoned
- Relevant
- Wood chopper
- Treasure boxes
- Freely/whenever you choose: 2 wds.
- Entrenched
- Those, in Spain
- Kitchen gadget for potatoes despite its name
- Sniffers
- Hockey star Bobby's kin
- Gets the horse going!
- Edgar Allan's surname
- Sci-Fi ride

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A secret love affair might take you over the moon today. Yes, you might be swept away by the romance of it all! Others will be involved in pleasant secrets.

Taurus April 21 - May 21
You feel tenderhearted and supportive toward a friend today. In fact, some of you will feel so cozy with a friend that he or she could become a lover!

Gemini May 22 - June 21
Someone might ask for your creative input on something today. Meanwhile, some of you will strike up a new romance with your boss or someone in a position of authority.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, let yourself enjoy beautiful places like parks, art galleries, museums and gorgeous buildings. It will please you.

Leo July 24 - Aug. 23
In discussions about how to divide or share something today, you feel generous toward others. This is good; nevertheless, don't give away the farm.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends are warm and friendly today. That's because you feel mutually sympathetic and understanding. Gosh.

Libra Sept. 24 - Oct. 23
Someone might ask for your advice at work today. There's no doubt that you will feel sympathetic to co-workers. You also will enjoy a chance to make your workspace look more attractive.

Scorpio Oct. 24 - Nov. 22
This is the kind of day where love at first sight might happen for some of you. You feel starry-eyed, vulnerable and ready for romance.

Sagittarius Nov. 23 - Dec. 21
Family discussions will go well today, because family members are sympathetic to each other. You also will enjoy redecorating or making your home look more beautiful.

Capricorn Dec. 22 - Jan. 20
You feel kindhearted to others today, especially siblings and neighbors. Meanwhile, many of you can make money from your words.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will be tempted to be extravagant because it will be tough to resist elegance and luxury. Oh yes! That's why they call it luxury — and of course, it is irresistible!

Pisces Feb. 20 - March 20
Today you feel very tuned in to the world, which is why you are sympathetic and open to everyone. You are very aware that kindness is important.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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- ConnectShare Movie • Wide Colour Enhancer
- HDMI Inputs • USB UN40H5003

\$398

4K UHD Bluetooth

5.1-Channel Bluetooth A/V Receiver

SAVE \$80
\$298

- 80W per Channel • 4K Ultra HD and HDR Pass-Through • HDMI • Bluetooth
- HDMI with 3D and Audio Return Channel • Front-Panel USB Port
- Discrete Amplifier Design • GUI On-Screen Display via HDMI VXS531

AMAZING IN-STORE ONLY PRICING

BONUS!
\$50 VISIONS GIFT CARD[†]

\$0^Δ

On a Bell 2-year agreement with a Premium plan.

LG G5 **Bell**

[†] For new activating customers on 24-mth term with select devices and plans. OAC. Courtesy of Visions Electronics. See in-store for details.

UP TO 2500 FT RANGE
(2) 2-WAY REMOTES

CODEXALARM
2-Way Remote Starter

SAVE 50%
\$148

- Optional Features Include: Keyless Entry and Trunk Release CAS54X

FREE APP

Under
Guardian 1080p Wireless Video Surveillance System

SAVE \$150
\$449

INSTALLATION AVAILABLE

- 7" Colour LCD Touch Screen Wireless Surveillance
- 2 Weather Proof Wireless Cams • 40Ft Night Vision
- Receive Push Notifications/Email Alerts UDR777HD

\$14^Δ MIN. MONTHLY PAYMENT

opalk
High Performance Tower Loudspeakers

SAVE \$500
\$298 PAIR

- 150 Watt Power Handling • Dual 5-Way Binding Posts
- Two 5 1/4" Dynamic Balance Woofers
- 1" Dynamic Balance Silk Dome Tweeter TS1300BLACK

Windows 10
Intel
15.6" Intel Celeron N3060 Laptop

SAVE \$140
\$428

- FHD 1366 x 768 Screen • 8GB RAM
- 1TB HDD • Intel HD400 Graphics 15-A1012CA

\$13^Δ MIN. MONTHLY PAYMENT

BONUS! 2.4 GHZ REMOTE

4K 3D WiFi
4K Android TV Media Box

SAVE \$40
\$198

- Turns Standard TV into a Smart TV • Quad-Core • Android OS
- Netflix and YouTube • Supports 4K • Supports 3D PKG001334

55" LED
4K UHD Smart TV Motion 120

SAVE \$700

INSTALLATION AVAILABLE

\$1398

HDTV: 4K Ultra HD • IPS 4K Panel • 4K Upscaler • HDR Pro • True Black Panel

SURROUNDBAR WITH WIRELESS SUBWOOFER: Dolby Digital Processing • Bluetooth Streaming

- 160 Watt Surroundbar • 120 Watt Wireless 6.5" Subwoofer • Optical Input 55UH6150/WH15000

**6 MONTHS NO PAYMENTS
NO INTEREST!^Δ**

IF PAID IN FULL BY PROMOTION END DATE.
OR TAKE ADVANTAGE OF OUR LOW MINIMUM PAYMENT OPTIONS
WE PLEDGE TO DO EVERYTHING POSSIBLE TO GET YOU FINANCING.
LOW MONTHLY PAYMENTS YOU CAN AFFORD EVEN WHEN YOU'VE BEEN TURNED DOWN ELSEWHERE.



^Δ OAC. DSP. See in-store for details.

SALE STARTS FRIDAY, JANUARY 13 THRU THURSDAY, JANUARY 19

^Δ "6 Months No Interest! No Payments!" offer available if balance paid in full by end of 6 month promotional period OAC. On approved credit. A \$21 annual membership fee may be charged to your Account subject to certain conditions. Financing provided by CitiFinancial Canada, Inc. and is subject to all the terms and conditions in your cardholder agreement and the credit promotional plan disclosure statement (collectively the "Account Agreement"). Finance Charges will accrue on the purchase from the beginning of the credit promotional period of 6 months, but no minimum payments will be due during the credit promotional period. However, if you pay the purchase price in full by the expiration date of the credit promotional period, all of the accrued Finance Charges will be waived and no Finance Charges will be assessed on the purchase. Otherwise, if you choose to not pay the purchase price in full by the expiration date of the credit promotional period, all of the accrued Finance Charges will be assessed at that time. On termination or expiry of the credit promotional plan (or for purchases that are not part of the credit promotional plan), the standard APR of 29.99% and the terms of the regular credit plan will apply to all outstanding balances owing. Certain terms and conditions apply. See in-store for full details.

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